ENG 122: 7-2 Final Draft of the Critical Analysis Essay

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In Daniel T. Willingham's article "The High Price of Multitasking" the author discusses why we should avoid multitasking. Everyone does multitask and doesn't even realize it is being done. What some people may think is harmless in fact causes slower reaction time in the brain. Whether you multitask while you're walking, driving, or working your reaction time will be slower than if you were to focus on one task at a time. The article's central claim about the high price of multitasking is dangerous because of slow reaction times, distractions, and loss of focus.

Walking while multitasking is risky. Studies have shown that while crossing the street listening to music you have a much better chance of being hit by a car than if you were to not listen to music. Even talking on the phone or even with a group of people will slow your reaction time down while walking. To be safe it is just best to focus on the task of walking, or you could take the chance of something bad happing to you.

Driving is another big multitasking problem. Everyone does it and doesn't even realize it. I am sure everyone has driven down the road and caught themselves changing the radio station or even turning up the radio to listen to their favorite song. That doesn't seem to be bad but it is considered multitasking. I am sure people wonder how listening to music is multitasking well its because you are using your brain to focus on the music but while you are driving you are also using your brain to focus on the road,

doing both tasks are an incompatible complex task for your brain causing slower reaction times. You may not notice the slower reaction time but even a split-second drop in sharpness could be the cause of a big accident. You also have cell phones some people like to think that just a quick glance at it will be ok, that couple of seconds of not paying attention to the road anything could happen, an animal could jump out in front of you, you could have not noticed a person in a crosswalk, someone could also have a sudden car problem causing them to stop. This is why it is very important while driving to place all of your attention on the task and avoid any sort of distraction so your brain is working at full compacity.

While you are working multitasking is something to avoid. While working it can be hard not to multitask some people are working on multiple projects and some just enjoy listening to music while you work. The problem with multitasking, while you work, is that it can cause you to make a small mistake. The mistake you miss may seem small but if you’re in an assembly line it could cause the product to not be able to be finished or even not work. There are also some industries where multitasking can cause injury or even death because you missed something. Multitasking in the workplace may seem to be ok, but it is best to think of all of the consequences if something does happen, so it is best to focus on the task at hand so no injury, death, or even quality issues arise while you’re working.

Multitasking is something we should all think about whether it is worth it. When we go on that walk should we take that chance of listening

to music or talking on the phone while crossing the streets? I think if you need to talk to someone just stop and talk to them or put the music on pause when you come to an intersection. While you are driving turn your phone off as for the radio if you don’t mind not listening to it turn it off but if you must then turn it down. Do the smart thing if you need to talk on the phone just stop somewhere and use that time to get out stretch gets some air, and risk your life or others for a phone call or worse social media. While you are working, focus on your job and do your best work, multitasking cost companies money with slower production, mistakes, and injuries. If everyone stopped multitasking your company could save money and be able to pay better, get more business or even expand. Your brain was not made to do multiple tasks at a time, it will do them but at a slower speed. So think next time you think you need to do more than one thing at once and say to yourself if the possible consequences are worth it.

References

The High Price of Multitasking by Willingham, Daniel T

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